

CLAIMS

1. A polymerizable composition comprising:
a cycloolefin mixture containing 0.1 to 50% by mole of a cycloolefin having, as a substituent group, a monovalent group including an aliphatic carbon-carbon unsaturated bond,
a metathesis polymerization catalyst and
a radical generating agent.
2. The polymerizable composition according to claim 1, further comprising a chain transfer agent.
3. A resin formed object obtained by ring-opening polymerizing the polymerizable composition as claimed in claim 1 or 2.
4. A resin formed object obtained by applying the polymerizable composition as claimed in claim 1 on a supporting body, followed by ring-opening polymerizing the polymerizable composition applied.
5. A resin formed object obtained by injecting the polymerizable composition as claimed in claim 1 into a cavity of a mold, followed by ring-opening polymerizing the polymerizable composition injected.
6. A resin formed object obtained by impregnating a fiber reinforcement with the polymerizable composition as claimed in claim 1, followed by ring-opening polymerizing the polymerizable

composition impregnated.

7. A crosslinked resin formed object obtained by heating and crosslinking the resin formed object as claimed in claim 3 to the temperature higher than the peak temperature during the ring-opening polymerization.

8. A crosslinked resin composite obtained by laminating the resin formed object as claimed in claim 3 with a base material, followed by heating and crosslinking the laminate.